

August 8, 2003

Options Public Charter School
Clarence Dixon, Principal
800 Third Street, NE
Washington, DC 20002

Dear Mr. Dixon:

We want to thank you and your staff for the effort and cooperation provided to gather the necessary information to complete the nutritional analysis of your school menu. The purpose of this School Meal Initiative (SMI) review is to measure the progress you have made in providing healthy meals that meet the USDA nutrition goals for the School Breakfast and National School Lunch Programs (7 CFR 210.10).

The SMI review includes checking for compliance with the meal pattern; completeness of production records; and a detailed computerized nutrient analysis of the meals you serve. It is expected that the nutrient content of your menus averaged over the course of a week be in compliance with the nutrient standards USDA has established. The assessment was made for the Traditional Meal Pattern with the nutrient standards established for grades 4 through 12.

Key highlights from your review:

- The meal pattern requirements for portion sizes and components are being met both daily and weekly.
- Adequate documentation was available in the form of nutrition facts labels, and recipes to complete the analysis.
- Your menu has good variety during the week.

Production records with planned numbers for all menu items, including condiments and milks, were not available. Instead, total daily meal counts provided by you were used for all menu items for the analysis. This does have an effect on the accuracy of the analysis of your menu. See the Plan of Action below for more information on production records and planned numbers.

Based on the documentation you provided, the analysis for the week of review indicates your menus are slightly elevated in saturated fat and low in Vitamin C. The attached nutrition profile shows you the results of the menu analysis, and a comparison of the nutritional analysis with the USDA nutrition standards. The USDA regulations do not have specific standards for cholesterol, fiber, or sodium, but do require that over time

cholesterol and sodium are lowered and fiber is increased. Future SMI reviews of your menus will evaluate these three nutrients.

The following Plan of Action reports on the observations of the review and provides recommendations for improvement. Since you have your meals vended from Preferred Meals, you will need to coordinate with them to make any necessary changes.

Plan of Action Meal Pattern and Nutrition Standards Compliance	
Observations/Finding	Recommendations
No production records. It is a requirement of the federal regulations (7CFR 210.10 (a)(3)) to maintain production records.	Production records with planned numbers must be kept. All menu items, including varieties of milk and all condiments need to be recorded with planned, served and leftover numbers recorded. The planned number reflects an estimate of how much of each menu item is expected to be taken – if only 50 students out of 100 are expected to take mayonnaise for a sandwich, then that is the planned number that should be recorded. These records must show how the meals contribute to the required food components, and how the meals contribute to the nutrition standards.
Saturated Fat (SF): The combined analysis of breakfast and lunch showed SF at 10.07%. While this is only slightly over the standard, the following recommendation will easily bring the SF down below 10%.	Offering 1% white milks, which is lower in fat than the 2% you currently offer, will reduce the SF content of your menu.
Vitamin C: The combined analysis of breakfast and lunch showed Vitamin C to be at 14.01 mg, which is only 85% of the standard of 16.48 mg.	Offer foods that are high in Vitamin C more frequently on your lunch menu. These include broccoli, cauliflower, bell peppers, oranges and orange juice, tomatoes, and potatoes. On the breakfast menu, you served Fruit Punch on two different days. The Fruit Punch has only 8.5 mg of Vit. C, whereas the Orange Juice has 62.5 mg and the Orange Pineapple has 35.0 mg. Serve these high Vit. C juices more frequently.

Page 3
August 8, 2003

These types of changes will help you meet the nutrition standards with all your menu planning efforts. Review the enclosed handout *Tips on Menu Modifications for Healthy School Meals* for further menu planning information. If you have any questions regarding your SMI review, please contact the State Education Office at 727-6436, or Linda Rider or Nicole Carmichael at CN Resource, 1-888-546-3273.

Sincerely,

Dr. Cynthia Bell
State Director

cc: Tanya Pearson, Business Manager